



Learn & Train To Win Basics:

- ✓ Provide a year-round, high-intensity training program conducted in a quality, daily training environment.
- ✓ Design and implement training programs to raise the athletes' performance capacity emphasizing the 5 Ss (Stamina, Strength, Speed, Skills and Suppleness) and which is based on the individual needs of each player as well as the team as a whole.
 - Encourage players to make decisions about their training regimen.
 - Individually tailor, to a greater degree, fitness programs, recovery programs, psychological preparation, and technical development to meet the player's individual sport-specific needs, position-specific needs and address each player's strengths and weaknesses.
 - Teach players, who are now proficient at performing advanced softball and position-specific skills, to perform these skills under a variety of conditions at competition speed and intensity.
 - Refine psychological skills to produce the ideal performance state including setting, monitoring and adjusting outcome and process goals based on performance results.
- Maximize strength training to bring about overall improvement. Ensure that physical training programs employ the most advanced techniques and sport science information in order to minimize injuries.
- Place special emphasis on optimum preparation by modelling high-level competitions in training in order to perform on a regular and consistent basis to reach the podium at major domestic and international events.
 - ✓ Conduct testing procedures on athletes at regular intervals to monitor current performance level against desired performance level or benchmarks.
 - ✓ Utilize double or multiple periodization strategies to effectively manage the athlete's/team's annual and multi-year schedule, including tapering and peaking for major competitions, to accommodate the large increase in training volume in this stage.
 - ✓ Change the training-to-competition ratio to 40:60. Devote 40% of available time to developing technical and tactical skills and improving fitness (training ratio includes pre-season practices) and 60% to competition and competition-specific training.
- ✓ Arrange or select opportunities to compete against some of the best athletes/teams from other countries. Use minor competitions to rehearse strategies for major competitions.
- ✓ Work with an Integrated Support Team (IST) consisting of a sport psychologist, nutritionist, exercise physiologist, strength and conditioning coach and a medical team (physician, athletic therapist, physiotherapist, massage therapist, chiropractor) to enhance player and team performances.
- ✓ Debrief and reflect post-training and post-competition to find ways to enhance athlete's future performances by identifying factors that contribute to their Ideal Performance State (IPS) and achieving this state for every competition.
- ✓ Conduct critical evaluation of the program at regular intervals throughout the season and at season's end with coach and player(s) thoroughly examining competition results, achievement of team and individual goals and how the player and team prepared. Together, the coach and player(s) will make modifications for the next competition or cycle.





PHYSICAL CAPACITY

	Development Priority		
	Low	Med.	High
Endurance	■		
Speed - Hand/Foot			■
Speed - Whole Body			■
Speed - Endurance	■		
Relative Strength		■	
Strength - Endurance	■		
Explosive Power			■
Flexibility		■	

NOTE

Highest training priority is speed and explosive power, particularly explosive leg power for running and explosive arm power for throwing/pitching.



Athletes with Disabilities

Athletes with a disability should continue to take part in their specialized sport (without barriers) and compete at their full athletic potential.

- Provide opportunities to continue to refine sport specific and position specific skills while working with an individualized Integrated Support Team.
- Ensure coaches/managers possess the knowledge of competition classifications/divisions while adhering to equipment policies for devices/adaptations.
- Be cognisant of international travel/accommodation needs and plan for any possible barriers or interruptions.

MENTAL SKILLS

	Skill Competence				
	I	D	C	R	M
Confidence and Presence <ul style="list-style-type: none"> • Robust confidence driven by clear identity • Embraces pressure • Visualization to prepare to be confident 					■
Grit <ul style="list-style-type: none"> • Consistent passion and perseverance • Consistent mental practice and preparation • Goal setting and competition plans 					■
Resilience <ul style="list-style-type: none"> • Mental toughness • Adversity as opportunity to improve • Emotion regulation and composure 					■
Focus and Intensity Regulation <ul style="list-style-type: none"> • Continued development of understanding of and plan for getting to optimal performance level • Attention/focus regulation (continued refinement of present moment, cue recognition, anticipation) • Arousal regulation (refining plans for getting to optimal zone) • Pre-game and in-game routines 					■
Team Player <ul style="list-style-type: none"> • Embraces and prepares for role • Relationship, communication, and leadership skills • Embraces and aligns with team culture on and off field 					■

NOTE

At this level mental skills and preparation are consistently utilized to continue to improve performance capabilities.

Anxiety reduction and emotional control in high pressure situations becomes critical.

Focus on error reduction and good decision making in high pressure situations.

LIFE SKILLS

Athlete committed to high performance and making national team.

Athletes have refined sound nutrition and hydration protocols for daily living, training, competition and recovery.

Player is comfortable traveling independently to and from international training and competition events.

Can maintain fitness and nutrition status when on-the-road for extended periods.

Athlete maintains balance between softball, work and relationships.

Understands and appreciates cultural differences and is comfortable with international travel experiences.

SLEEP

Duration: 8-10 hours +30 minute nap between 2-4pm

- Focus on reducing sleep debt
- Do not train if unrested and sleep deprived
- Avoid technology before bed
- If your sleep is poor seek help



SOFTBALL TECHNICAL / TACTICAL SKILLS

This is a stage during which physical capacities are optimized, and most technical/tactical skills are refined. The focus on softball-specific and position-specific training and testing is increased. Instruction and preparation are individualized in order to address each player's individual sport-specific and position-specific needs, strengths, and weaknesses.

SKILLS

LEGEND FOR SKILL DEVELOPMENT: ■ I - Introduce, ■ D - Develop, ■ C - Consolidate, ■ R - Refine, ■ M - Maintain
Bold text - skill/tactic is a priority at this stage

OFFENSIVE SKILLS						
SUB-SKILL						
HITTING		I	D	C	R	M
🍁 Hitting Mechanics	Loading (Front Foot to Hand Separation)				■	■
	Weight Transfer (From Back to Firm Front Side)					■
	Palm Up /Palm Down Through Contact					■
	Stacked Position at Contact					■
Eye/Hand Coordination	🍁 Bat Control					■
Avoiding Pitch					■	
Pitch Recognition (After Release)	Spin Recognition and Reaction				■	■
BUNTING		I	D	C	R	M
Sacrifice Mechanics	Split Hands With Firm Grip					■
	Barrell Above and in Front of Hands					■
	Head/Eyes at Top of Strike Zone					■
	Absorb the Ball (Contact End of Bat)				■	■
Drag Bunt Mechanics	Move Through the Box to Pitcher (Back Foot to Pitcher)				■	■
	Split Hands With Firm Grip					■
	Barrell Above and in Front of Hands					■
	Head/Eyes at Top of Strike Zone					■
	Absorb the Ball (Contact End of Bat)				■	■
Push Bunt					■	
SLAP HITTING		I	D	C	R	M
LH Running Slap	Cross Over Step Towards Shortstop					■
	Hands Above Strike zone					■
	Controlled Bat Path in a Downward Movement				■	■
	Barrell Lags Behind Hands to Hit Ball to Left side					■
Stationary Slap					■	
BASERUNNING		I	D	C	R	M
Getting Out of Batters Box					■	
🍁 Running to 1st Base					■	
🍁 Rounding Base	Question Mark Turn					■
	J turn					■
Lead Offs					■	
Tagging Up					■	
Stealing					■	
SLIDING		I	D	C	R	M
Bent Leg Slide					■	
Dive Back						■
Head First Slide					■	
Back Door Slide					■	
Pop Up Slide					■	



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DEFENSIVE SKILLS		SUB-SKILL				
THROWING		I	D	C	R	M
Overhand Throwing Mechanics	Elbows and Shoulders Level					■
	Pull Front Elbow into Body on Shoulder Rotation					■
	On Release Throwing Elbow Above Shoulder				■	■
	Ball Release Creates a 12-6 Rotation on Ball				■	■
	Transition Footwork (Shuffle or Crossover)					■
Side Arm Throwing				■		
Flips and Tosses				■		
Throwing on the Run					■	
RECEIVING THROWS		I	D	C	R	M
Soft Hands (Absorbing Ball)					■	
🍁 Transfer					■	
FIELDING		I	D	C	R	M
GROUND BALLS						
Ready Position					■	
Ground Ball Fielding Mechanics	Glove Foot Ahead of Throwing Foot					■
	Glove Fingers Point Down/Out Front and Down					■
	Bum Down, Weight on Balls of Feet, Eyes Up, Chin Down					■
	Throwing Hand Follows Ball into Glove					■
Glove Work	Forehand					■
	Backhand					■
	Short hops					■
FLYBALLS						
Flyball Fielding Mechanics	Get Behind the Ball, Glove Foot Ahead of Throwing Foot					
	Wrist Back, Glove Above Forehead and Center of Body					■
Flyball Footwork	Drop Step					■
Flyball Catches	Basket Catch					■
	Over Shoulder Catch					■
Diving Catches	Feet First Sliding					■
	Head First Dive					■ ■
Playing the Sun					■ ■	
Fielding At / Off Fence					■	
MULTIPLE PLAYER DEFENSIVE SKILLS		I	D	C	R	M
Tag Plays					■	
Cut Offs					■	
Relays					■	
Rundowns					■ ■	





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DEFENSIVE SKILLS						
	SUB-SKILL	I	D	C	R	M
PITCHING						
Pitching Mechanics	Leg Drive					■
	Stacked or Power Position					■
	Arm Action in Joint Sequence					■
	Hides Pitches				■	■
Pitches (Mastering 2 or 3 Pitches)	Fastball					■
	Change					■
	Drop			■	■	
	Rise			■	■	
	Curve			■	■	
	Screw			■	■	
Control (In and Out of Strike Zone)	Throw to Multiple Locations					■
	Throw One Pitch to Multiple Locations					■
	Throw Multiple Pitches to One Location				■	■
Pitch Out					■	■
CATCHING						
Receiving Position						■
Blocking						■
Framing						■
Throwing to Bases	Around Batter					■
	From Knees					■
Giving Signals						■
Balls at the Backstop						■
INFIELD						
MIDDLE INFIELD						
Double Play Footwork	Receiving					■
	Throwing					■
Relay Throws						■
CORNER INFIELD						
Fielding Bunts						■
1st Base Skills	Footwork at Bag					■
	Stretching					■
	Picks				■	■
OUTFIELDERS						
Long Throw Mechanics	Approach to Ball					■
	Crow hop					■
Safety Catch						■



TACTICS

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OFFENSIVE TACTICS

SUB TACTIC

HITTING TACTICS

		I	D	C	R	M
🍁 Situational Hitting	Hitting Behind Runner					
	Hitting With Runner on 3rd Less Than 2 Out					
	Hitting Strategy (Bunt, Slap, Hit Based on Defensive Positions)					
🍁 Making Adjustments	From at Bat to at Bat or Within at Bat					
	From Pitcher to Pitcher					
🍁 Pitch Recognition (Pre Release)	Picking Pitchers (Recognizing Pitches Before Release)					
	Recognizing Defensive/Catcher Positioning					

BASERUNNING TACTICS

		I	D	C	R	M
Delayed Steal						
Reading and Reacting	Coach Signals					
	Passed Ball/Wild Pitch					
	Hit Ball					
	Lead Runner					
Blocking Throws Between Bases						
1st and 3rd Steals						
Rundowns	Escaping					
	Staying in Rundown to Advance Runner					

HITTING/BUNTING TACTICS ON STEAL PLAYS

		I	D	C	R	M
Protecting the Runner						
Run and Bunt / Hit / Slap						
Fake Bunt						
Contact Play (Runner on 3rd)						
Squeeze Play						

COMMUNICATION

		I	D	C	R	M
🍁 Relaying Information About at Bats to Teammates						
🍁 Relaying Information to Hitter About Catcher Positioning (In/Out)						





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DEFENSIVE TACTICS	SUB TACTIC	I	D	C	R	M
Communication With Teammates Pre Pitch	Indicating the Number of Outs					
	Defensive Positioning Communication					
Communication With Teammates During Plays	Calling for the Ball					
	Calling Which Base to Throw to					
	Calling Bunt/Slap/Steal					
Backup Plays	On a Hit Ball					
	On a Throw to a Base					
Coverage Plays (Defensive Movement)	Balls Hit to Infield and Outfield					
	Bunt Plays					
	Slap Plays					
	Steals					
	Secondary Plays					
	Passed Balls/Wild Pitches					
Fake Throw						
Angles to the Ball	Flyballs					
	Groundballs					
Pitcher/Catcher	Pitcher Game Management					
	Catcher Game Management (Pitcher and Team)					
	Calling Pitches					
TEAM DEFENSIVE STRATEGY		I	D	C	R	M
Defensive Positioning	Game Situation (# Outs, Score, Inning, Runners on Base)					
	Based on Current Hitting Tendencies or Pitches Being Thrown					
	Scouting Reports					
	Field or Environmental Conditions					
Set Plays	Pickoffs					
	1st and 3rd Plays					
Situational Plays	Steal Defense					
	Slap Defense					
	Winning Run and Bottom of Inning Defense					
	Bunt Defense					